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City cuts 44 jobs in restructuring

Latest layoffs in management, administrative staff are last round, says Mayor O'Brien

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Forty-four pinks slips
were handed out to city
managers and their
administrative staff
yesterday.

The cuts are the third phase of a corporate restructuring at city hall intended to reduce the city's wage bill and create a more service-oriented approach

to citizen interaction.

City manager Kent Kirkpatrick said yesterday's layoffs saved the city \$2.3 million annually, but for a one-time cost of \$5 million in compensation.

Along with the 44 management and program management positions cut yesterday, 23 employees were offered lower level promotions, 26 have been offered transfers and 22 were promoted.

The primary benefit of the management realignment is that it simplifies how citizens interact with city services, Kirkpatrick said.

A new structure for social services creates a single point of contact for residents to access all social services — including social housing, public health, long-term care and Ontario Works — that the city provides.

"You don't need to know how to navigate the organ-

ization, the person you meet with will bring the organization to you," Kirkpatrick said.

By grouping similar services under a single manager, the new structure sets a whole new level of accountability and responsibility for managers, said deputy city manager for city operations

Steve Kanellakos.

"It's the old thing where if you're not accountable for your homework, you don't do it," he said. "Now you can't pass the buck... it's you, you've got the maintenance of all the infrastructure."

Since the restructuring began last October, the city has laid off 56 employees for a savings of \$3.7 million.

The city is still targeting a \$113 million reduction to

the city budget, which would translate into around 200 positions, but Mayor Larry O'Brien said there would not likely be any more mass layoffs like yesterday.

"The restructuring is over now," he said. "I'm comfortable the overall goal of transformation that I put on the table 600 days ago will be accomplished ... what they have done is a monumental restructuring of the way the city operates."

Earth Hour

Before you turn your lights off this Saturday at 8:30 p.m. to mark Earth Hour, Metro has some environmental stories to get you thinking "green." Homes
• Eco-friendly living is easier than you think. We give you some helpful tips, pg 12

Beauty

• We introduce you to some fashion designers who are making sustainable clothing, pg 14

Music

• Musicians are choosing to go green by planning tours that promote conservation, pg 16



Riding the Recession

Metro shares advice on how to cut down on expenses and navigate your way through the recession.

Food

• We introduce you to a few meals for a steal, pg 13
Tomorrow
• Our series concludes with an update on how the economy is doing.



2010 Show of support



Papineau MP Justin Trudeau, wife Sophie Gregoire-Trudeau and their son, Xavier, stopped at an event in Ottawa yesterday that was introducing the area's first torchbearer for the 2010 Olympics in Vancouver. Story, pg 3

Ottawa readers love their daily Metro fix

Don't believe everything you read about the newspaper industry.

According to the latest Newspaper Audience Databank survey results released yesterday, the vast majority of Canadians continue to read newspapers.

Last year, 69 per cent of Canadians — 12.9 million people — read a newspaper over the course of a week, and when online readers are added in, that number grows to 77 per cent.

"Newspapers continue to play an important role in the lives of Canadians," said Metro English Canada group publisher Bill McDonald. "Readers in the millions rely on newspapers every day for the information that is important to their lives."

As newspapers maintain their strength, Metro Canada is setting the in-

dustry standard — not just as the most read free daily in the country, but for all papers.

"The Metro brand has solidified its leadership position from coast to coast," said McDonald.

Readers and advertisers alike turn to Metro first every day for information, ideas and inspiration."

In Ottawa, Metro maintained its presence — reaching 17 per cent of the market — while continuing to be the paper of choice for its demographic.

"Metro continues to be the voice for young, urban readers in the city of Ottawa," said McDonald. "Metro Ottawa reaches more 18- to 24-year-olds than any other daily in the city. And Metro is committed to delivering more of what readers and advertisers are looking for."



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Fifteen-year-old handed eight firearm charges

A 15-year-old student will be charged with eight firearms-related offences after Ottawa police seized .357 magnum Smith and Wesson revolver from a South Carleton High School. The gun did not contain ammunition. **METRO OTTAWA**

Local



Man refuses to leave bank

Ottawa police responded yesterday to reports of a male in his early 20s who refused to leave the Bank of Montreal at the corner of Elgin and Nepean streets. The man was acting agitated and breathing heavily. A scuffle ensued as the officers attempted to arrest him for trespassing. The man was eventually taken to hospital, where he was treated for cuts. Police said there was nothing to indicate a robbery attempt. **METRO OTTAWA**

Helping helpers at homelessness summit

TRACEY TONG
tracey.tong@metronews.ca

They devote their lives to helping others, but they need support too.

More than 400 people who work with the homeless came from across the country for StreetLevel IV: A Legacy of Justice at the Westin Hotel yesterday.

Ban on British MP challenged

SPEECH British MP George Galloway had some support in Ottawa yesterday as the groups hosting his intended trip to Canada challenged the legal decision to keep Galloway from entering the country.

Galloway was to give four speeches in Canada, but was barred for allegedly assisting Hamas, which Canada has designated a terrorist group.

"We are filing a response in federal court and forwarding information to the Canadian High Commission," said Joel Harden of Ottawa Peace Assembly. "We are respectfully challenging this in legal terms."

Harden said that Galloway would still give his speeches via video conferencing.

ANDREW SZTEIN/
FOR METRO OTTAWA

VIDEO: Lawyers launch court dispute against Galloway's ban at metronews.ca

The four-day event, which equips workers from across the country through lectures and workshops, advocates on behalf of people who are poor and excluded and reminds the country's decisionmakers that "there is a rising tide of poverty in Canada," said Greg Paul, executive director of Toronto's Sanctuary and the event's

keynote speaker.

The government needs a poverty reduction strategy and a national housing strategy, he said.

"We're hoping that the federal government will provide a vision of Canada as a place where people who are vulnerable are protected in the centre of the country rather than pushed to the margins."

"Every city is best represented by how we care for those in need."

Tim Huff, StreetLevel IV conference chairman

"Every city is best represented by how we care for those in need," said conference chairman Tim Huff, who is also director of light patrol and homeless initiatives with Youth Unlimited

in Toronto.

But the primary reason for the conference — which is organized by the National Roundtable on Poverty and Homelessness — is to care for people who

care for others, said Paul.

"Many of our folks are working with slim resources and in isolated circumstances, even in large cities," he said. "Gathering them together has a very empowering effect."

Later in the evening, 50 guests, including MPs and government officials, joined delegates at a vigil on Parliament Hill.

Teen first Ottawan to take the torch in 2010

TRACEY TONG
tracey.tong@metronews.ca

Kate Jackson has always been a fan of the Olympics games.

The 18-year-old Russell resident, whose favourite Winter Olympic sports are skiing and skating, couldn't believe her luck when she was chosen as the National Capital Region's first 2010 Olympic Torchbearer.

"I'm really excited," she said yesterday, "just knowing that the flame is going through Canada, and that I'll be part of it."

Jackson, who was randomly selected by Sogo Carry the Flame — a campaign which invites Canadians to get active and involved — will run between 300 and 400 metres with the flame as one of 12,000 torchbearers running across Canada next year.

The torch, which will travel 4,500 kilometres from coast to coast and as far north as Ellesmere Is-



Ottawa's first 2010 Olympic torchbearer Kate Jackson, right, and Minister of State for Sport Gary Lunn attended an event to encourage all Canadians to apply to carry the Olympic Flame yesterday.

land, will touch 90 per cent of the Canadian population before coming in at B.C. Place Stadium for the games, said Minister of State for Sport Gary Lunn.

"It's going to be a huge celebration of the Olympics, and a great op-

portunity for Canadians to get involved," he said of the torch run. "We want people from all walks of life to be a part of the Olympics," he said.

Designed by Bombardier, the 2010 torch's design allows the flame to come out

of the back, like a flag.

As well as generating a buzz, events like the torch run unite the country, said Papineau MP Justin Trudeau, who stopped by the event with his wife and son to show support for the Olympics.

News in brief

THEFT Police are seeking robbery suspects after two incidents Tuesday night. At 7:50 p.m., two men entered the TD Canada Trust in the 1400 block of Richmond Road and fled on foot. Police seek two black males in their teens. Later on, at 10 p.m. in the 100 block of McEwen Avenue, an armed suspect robbed a woman's purse. The suspect is a white male in his late 20s or early 30s. No one was hurt in either incident. **METRO OTTAWA**

metronews.ca

What's online today.

Blogs Love Bytes queries two women on same-sex relationships at metronews.ca

Lotteries **KENO** **3**
Lotto 6/49: 16, 34, 42, 44 & 48. Bonus 13.
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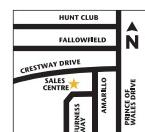
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About 30 homes in St. Andrews, Man., about 20 kilometres northeast of Winnipeg, have been evacuated and firefighters are warning other residents to be ready to go. Ice jams on the Red River are causing water to back up over the banks, while frozen culverts are preventing the water from draining through the ditches. **CBC NEWS ONLINE**

Canada

The Conservative government says it will legislate an end to the practice that allows judges to calculate a "two-for-one" sentencing credit for time that prisoners spend in pre-trial custody.

Weeks after British Columbia justice officials made an impassioned ap-

"This ... will be to unduly punish the poor who can't afford a release on bail prior to trial."

Heather Pringle, lawyer

peal to Ottawa for the measure, Justice Minister Rob Nicholson said he would introduce legislation tomorrow to further

curb judges' sentencing discretion.

Right now, judges can give credit for so-called "dead time" that offenders

spend in detention centres prior to trial and sentencing. It's seen as a way to account for time served in cramped cells where there is no access to drug or alcohol treatment or other therapeutic programs provided in long-term penitentiaries or provincial jails, while a case winds its

way through the courts.

Defence lawyer Heather Pringle said the law would punish the poor.

"This legislation is simply political pandering, and its impact will be to unduly punish the poor who can't afford a release on bail prior to trial."

TORSTAR NEWS SERVICE

IOC ignores female ski jumpers

**VANCOUVER
2010 Games**

LAWSUIT Two female ski jumpers suing to participate in the Vancouver Olympics flew to Colorado yesterday to try to plead their case with the president of the IOC while he's in Denver.

Jacques Rogge ignored the meeting request.

Canadian national team member Katie Willis told Metro yesterday she hoped meeting with Rogge might change the IOC's decision

to bar female jumpers from the 2010 Games.

"We decided this would be a good last chance," said Willis, 17, who earlier this month added her name to the list of 15 plaintiffs suing VANOC.

"All these girls deserve to be in the Olympics and ... it's really important for me to be a part of (this fight)."

The jumpers are suing VANOC — not the IOC — alleging the committee is violating their rights to equality by not allowing them to compete in the Games. **KRISTEN THOMPSON/ METRO CANADA**

News in brief

avalanche The snowmobiler who was left unconscious after an avalanche struck near Kimberley, in southeast B.C., has

died, according to a search and rescue official. So far, 19 people have died in B.C. avalanches this year. **CBC NEWS ONLINE**

French bid for Atlantic shelf rights slammed

SEA FLOOR Canada criticized France yesterday for trying to claim exploration rights off the eastern Canadian coast, home to rich reserves of natural resources.

Foreign Minister Lawrence Cannon said Ottawa "will take all necessary measures to defend and protect its rights with respect to its continental shelf."

The dispute concerns the two tiny French islands of Saint-Pierre and Miquelon, which sit just off the Canadian province of Newfoundland and Labrador.

REUTERS

Cancer Daffodil Month



Prime Minister Stephen Harper receives a bouquet of daffodils from seven-year-old cancer patient Dana El Sherif to mark the beginning of the Canadian Cancer Society's annual Daffodil Month, yesterday on Parliament Hill in Ottawa.

CRTC may allow TV fee-for-carriage

MEDIA Canada's broadcast regulator said yesterday it may eventually accede to a request by struggling conventional television broadcasters that they be paid for the carriage of their signals by cable companies.

"Is the issue of fee-for-carriage dead? No, of course not," said Konrad von Finckenstein, chairman of the Canadian Radio-television and Telecommunications Commission (CRTC).

REUTERS

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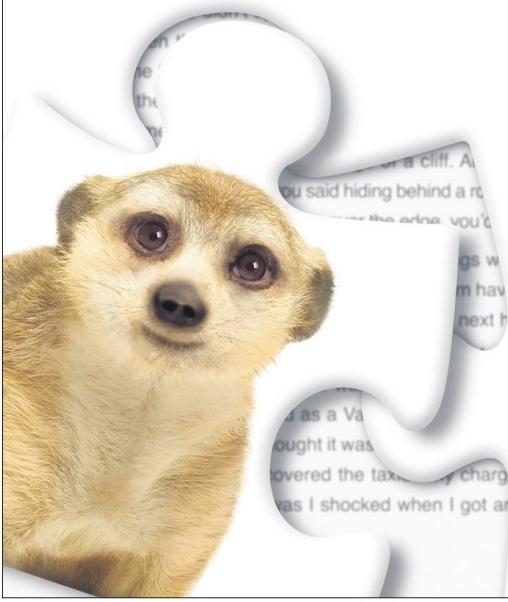


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Safety investigators say the flight data recorder from last month's plane crash outside of Buffalo, N.Y., shows the stall warning system on the plane activated before the crash. No mechanical problems with the plane were found. METRO NEWS SERVICES

World



Breakthrough for stargazers

Scientists for the first time have recovered meteorite pieces from an asteroid first observed in space — a stroke of luck that could prove valuable when tracking space rocks heading on a collision course toward Earth. The asteroid, called 2008 TC3, was first observed on Oct. 6 by astronomers in Arizona and was tracked as it entered the atmosphere and became a shooting star, the first time astronomers have managed that feat. REUTERS

Manila Clash over U.S. treaty



A woman activist grabs the wooden stick of a riot policeman during a scuffle outside the U.S. embassy in Manila yesterday. The protesters denounced a treaty between the Philippines and the U.S. that allows troops to conduct military exercises in the country.

Suspects freed after ruling

NORTHERN IRELAND Five people, held over the killings of three members of the security forces in Northern Ireland, were freed yesterday by a court ruling that marked a challenge to Britain's tough anti-terrorism laws.

High Court Lord Chief Justice Brian Kerr quashed an order by a lower court that gave police more time to question six people over

the fatal shooting of two British soldiers on March 7 and the killing of a police officer two days later.

Five of the six were released from a police station in Antrim shortly after the ruling.

A sixth person remained in custody and his lawyer said he had been re-arrested under anti-terrorism legislation.

REUTERS

News in brief

GOVERNMENT Islamic Saudi Arabia, the world's biggest oil exporter, has no need for women members of parliament or elections, a senior prince said in remarks published yesterday. There are no political parties in Saudi Arabia but reform activists hope the advisory Shura Council — an all-male body appointed by the king — will be transformed into an elected legislature one day.

MISSILES North Korea has positioned what is believed to be a Taepodong-2 long-range ballistic missile on its launch pad at a facility in Musudanri, Japan's Kyodo news agency reported yesterday, citing "sources close to Japan-U.S. relations." North Korea has said it would launch a satellite between April 4 and April 8. Regional powers see the launch as a disguised test of its longest-range missile.

REUTERS

Blame U.S.: Clinton

Illegal drug appetite fuels violence in Mexico, she says

U.S. SECRETARY OF STATE HILLARY CLINTON said yesterday that an "insatiable" appetite in the United States for illegal drugs was to blame for much of the violence plaguing Mexico.

"We are. How could anybody conclude any differently?" Clinton told reporters in response to a question during a flight to Mexico for a two-day visit likely to be dominated by a drug war that killed 6,300 people in Mexico last year.

Clinton's visit comes as Washington has announced plans to ramp up security on the increasingly dangerous U.S.-Mexico border. Fears are growing that the spiralling violence in Mexico will spill over into the southern United States.

"Our insatiable demand for illegal drugs fuels the drug trade. Our inability to prevent weapons from being illegally smuggled across the border to arm these criminals causes the death of police officers, soldiers and civilians," Clinton said. "I feel very strongly we

have a co-responsibility."

Clinton will meet with Mexican President Felipe Calderon and discuss a broad range of U.S.-Mexican issues, including immigration and trade. Her visit also includes a stop in the northern business city of Monterrey today.



U.S. Secretary of State Hillary Clinton

cotics smuggled in from Mexico each year.

Some feel that the plans by Washington to better patrol its border are long overdue.

U.S. officials Tuesday announced a \$184 million program to add 360 security agents to border posts and step up searches for drugs, guns and money being smuggled by powerful cartels.

Under former president George W. Bush, the United States committed to a three-year \$1.4 billion aid package to buy drug-fighting equipment for Mexico and Central America.

REUTERS

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Economic crisis raising French social tension

Lock up the boss

- Locking up managers is becoming a tradition in French labour disputes, with police unwilling to intervene to avoid violence.

the 110 employees who face the axe.

"These people have more to complain about than me

and I knew there was this risk when I came here," Rousselet told reporters from his office, where the door has been blocked by a wardrobe.

Unions said no agreement had been reached.

"The director says it is impossible for him to negotiate," said Jean-Francois Caparros of the Force Ouvrière union.

Social tensions are rising

REUTERS

J.J. SAID IT WOULD!

J.J. Clarke

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Comment & Views

Comment

Doomed love on an island of doubt

Relating

Andrea Woo



metronews.ca/woo

"Somebody said they saw you/The person you were kissing wasn't me/And I would never ask

you/I just kept it to myself/I don't wanna know/If you're playing me, keep it on the low..." — Mario Winans, I Don't Wanna Know

There are those who would call Winans a pathetic chump, a clod so frightened by what lies in the murky depths of his sordid relationship that he opts to stay in the shallow end, wading blissfully in the serene waters of his own ignorance.

Who, after all, wants to

play the sucker while his or her partner dives headfirst into some illicit affair?

But to understand his point is not difficult. There is comfort, undoubtedly, in blinding oneself to the acerbic truths of a rocky relationship, choosing instead to take refuge in some alternate reality where passion is limitless and temptations are wholly eclipsed by an unwavering love usually only articulated by the greatest of poets or the very, very

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

drunk.

In this world, word is bond and life is easy. There are no sleepless nights or wandering minds, no red flags or question marks. Worries dissipate with the long exhale of a sigh of relief.

But those who have come

here before — to this land where people turn a blind eye to lying, deception and infidelity — know it is not a place where anyone stays for long.

It is a temporary hideout at best; at worst, an open field where salvageable relationships go to die.

With the exception of the truly neurotic and the painfully insecure, an unshakable sense of suspicion is seldom completely without merit. Something in the

minds or the hearts of the wise makes them aware of this, and to ignore it is never a good idea.

Of those who pack up and flee, some will be called crazy — and indeed, they may be — but others will have done so knowing there is nothing but doomed love on an island of doubt.

Sorry, Winans.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

Views

Kids shouldn't be involved in tug of war

ModernLife

Georgie Binks



Once upon a time there was a very brave man with an equally brave ex-wife. Every morning for three years the man ate breakfast at his former home. He and his ex-wife didn't much like each other but they loved their kids.

If you're divorced and share kids, you know these two deserve medals for extreme bravery — if for nothing more than keeping the corn flakes down.

I know previously married women and men who so hate each other they've missed everything from graduations to christenings.

Others humiliate non-paying ex-spouses to their children, while some battle issues like summer camp in court, something that makes Toronto

to judge Harvey Brownstone wild. "I someone you hate, never took a who may not have course in law school that been a good told me what partner, as possibly camp their kids should go to," Judge Harvey Brownstone

good partner, as possibly a good parent."

In fact, with so many divorces, your relationship with your ex, if you have

kids, is likely the most important one you'll ever have, but the one for which you'll be the least prepared. And it isn't any easier with an adversarial legal process often fuelled by combative lawyers.

Calgary registered mediator Elaine Bucknum says parents need to view their new relationship as a business one — the business of raising healthy, well-functioning children. "You have a business you can't quit, so figure out a way to communicate and deal with issues."

You don't have to be phoney — just polite and respectful, says Bucknum. "Kids just want you to be friendly enough so they can love you both."

Still, many parents believe their ex is the one exception that makes it OK to ruin kid's birthday parties, criticize an ex in front of the kids and even fight over life-shattering events like camp in court.

Here's a trick. Ask your kid their favourite thing about your ex and keep that thought in your head. It just may help you get through the most awful relationship you'll ever have.

Or think corn flakes — it truly has been the breakfast of two champion parents.

Georgie Binks is a Toronto freelance writer who has written about gender and relationships for CBC.ca, Elle, Chatelaine and Homemakers; georgiebinks@rogers.com.



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8

Canadians among most optimistic about economy: Report

Amid doom and gloom about the global recession, Canadians are among the most optimistic worldwide when it comes to their financial futures, says a new report. **CBC NEWS ONLINE**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CBC to cut 800 jobs

Network sees \$171M shortfall in 2009-2010

The CBC will cut up to 800 jobs and seek to sell assets to fight a growing financial shortfall caused by a sharp advertising downturn, the public broadcaster said yesterday.

The CBC, which has about 9,850 employees and receives more than \$1 billion a year in funding from the federal government, said it expects the shortfall to hit \$171 million in its 2009-2010 fiscal year.

It said its projections assume the government will authorize \$125 million in

"It's simply impossible to bridge a (financial) gap of this magnitude without having a major impact on people."

Hubert Lacroix, CBC

asset sales. It blamed its woes on weak ad markets, higher costs, a base-salary funding shortfall and aging infrastructure.

"People are the founda-

tion of our success," chief executive Hubert Lacroix said in a statement. "But in a company where 60 per cent of the overall budget goes to salaries, it's simply impossible to bridge a gap of this magnitude without having a major impact on people."

The CBC also said it will reduce regional radio and TV programming and make cuts in news, drama, music and current affairs. It will also cut executive compensation by up to 20 per cent, cut discretionary spending and reduce hiring. **REUTERS**

Business in brief

SURVEY U.S. finance chiefs are mostly unimpressed by the Obama administration's efforts

to stimulate the economy, but optimism about their own companies increased slightly

for the first time in three years, a survey reported yesterday.

REUTERS

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Gerber gets three for pushing ref

Former Sens and current Maple Leafs goalie Martin Gerber was suspended three games by the NHL yesterday for abusing referee Mike Leggo. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Sens can't cool Canes

NHL RESULT**Senators 1 Hurricanes 2****DARREN DESAULNIERS**
for Metro Ottawa

THE SKINNY: After a scoreless opening 40 minutes, the Hurricanes outscored the Senators 2-1 in the third period to earn their season-high fifth win in a row. The loss also snapped the Senators winning streak as they were going for a six-game ride, which would have been their longest of the campaign.

THE WINNER: Anton Babchuk scored the winner at 13:59 on the power play. It was Babchuk's 13th goal of the season.

ANTON BLOCKSHOT: Babchuk did his best to keep the Senators shots out of the net as he had a game-high four blocked shots.

ELLEN O'NEIL/REUTERS



Tim Gleason is caught sitting as Eric Staal battles for the puck in front of Dany Heatley last night.

ROD THE BOD: Captain Rod Brind'Amour had a goal and an assist, won 67 percent of his faceoffs and was a plus-1.

STORMING INTO THE PLAYOFFS: Their win over Ottawa inched the Hurricanes a little closer to their first playoff berth since they won the Stanley Cup in the 2005-06 season.

LIKELY OVER: The loss dealt what could very well be a fatal blow to the Senators playoff hopes as they are in danger of missing the playoffs for the

first time in 12 years. They are nine points out of the final playoff spot with nine games remaining.

THE NEXT GAME: The Senators are in Atlanta on Saturday to take on the Thrashers in the third game of their six-game road trip.

For more sports coverage visit:
metronews.ca

That's why they play the games

TheHockeyNews



thehockeynews.com

ators feel better about what lies ahead.

Even though Brian Elliott will likely be supplanted as the No. 1 goalie next season in favour of Pascal Leclaire, do you think this latest run won't help his long-term development?

Doesn't a young player and future leader such as Nick Foligno learn more about himself and his team by the run the Senators are on these days?

Plus, what will help the Senators more down the road, a player who might be able to make a tangible contribution in three or four years or the insight, experience and good vibes they're getting with their late-season run?

If not for their work down the stretch, the Senators might never have discovered what a good coach Cory Clouston could be.

There's absolutely no doubt that will help the franchise going forward. Having a person behind the bench who has the attention of the players and some early success can do nothing but make the Sen-

ators

That's a rather myopic view. First of all, the Senators were never going to get their hands on John Tavares or Victor Hedman because it would have taken a run of ineptitude of epic proportions for the Senators to be worse than any of the New York Islanders, Tampa Bay Lightning, Colorado Avalanche, Atlanta Thrashers and Phoenix Coyotes this season.

It's unrealistic to expect any team or player to accept losing under any circumstances and the tanking premise works on the

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The Hockey News
thn.com

Japan's Weather News information company has produced 500 robots, whose eyes change color depending on the amount of allergy-causing pollen in the air. The robots have been installed at homes across Japan and the data collected is then released on the Internet. **REUTERS**

Tech Now



Ads ignored

Online ads are largely ignored by users. Only 60 per cent of people see an ad, and if they have to page down, only 25 per cent of users will look at an ad.

SOURCE: MARKETING SHERPA

TechNow

**Paul
Brent**



metronews.ca/technow

Eye tracking is the study of where our eyes move while we read, be it a newspaper, webpage or an ad. Eye tracking studies tell me that if you're reading this item in the paper, only 40 per cent of you will read the whole column. If you are reading online only, 63 per cent will read the entire item.

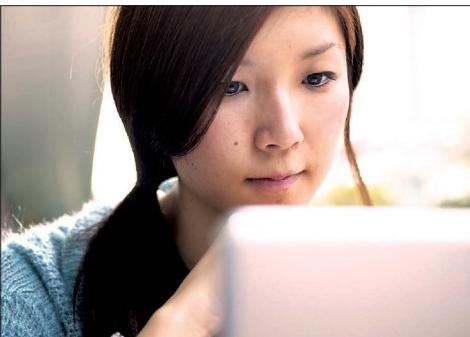
Eye tracking has become a new kind of science and new technology means we

can more effectively follow the eye. Perhaps the number one area of study these days is how people look at a website.

Google's official blog noted last month that most of us read what's at the top left of a webpage, and as you move down the page or to the right, we read far less. It can be a search page or a corporate web page or a charity web site, but the same pattern happens.

Eye tracking studies blossomed in the 1970s and reveal that as our attention wanders, our eyes will follow. Eye tracking tells you what gets people's attention. Here are a few key points about web page reading:

- We ignore most of the ads or what we think might be an ad unless it is



Eye tracking studies show that of people reading an online article, only 63 per cent will read the entire item.

of specific interest to us. Often, we miss key information because we think it looks like an ad.

- We scan a page and make our decisions at a blazingly fast rate.

- Crisp photos, especially of faces, attract us; cluttered or unrelated images repel us.

- We scan a page and make our decisions at a blazingly fast rate.

"Eye tracking studies blossomed in the 1970s and reveal that as our attention wanders, our eyes will follow."

Fancy words and phrases are a turnoff, plain language works best.

Eye tracking technology is getting less obtrusive and cheaper and is being used for things like monitoring the eyes of long-distance truckers. If their eyelids remain closed too long then an alarm rings to wake slumbering driver. At Carleton University's Human Oriented Technology Lab, they use eye tracking to find out where pilots are

looking while flying a virtual plane. Pilots think they are monitoring dashboard displays and the sky, when in fact eye tracking says they are often focused on the sky while they think they looked at the dash.

To the 40 to 63 per cent of you who read the entire column, thank you!

WEBSITE OF THE WEEK: www.eyetracking.com and www.useit.com provide more insight into eye tracking.

This Sunday, one of the stories on TECH NOW will be a look at how GPS can track a lot more than just your location. Don't forget to visit our website ctvottawa.ca.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.; technow.ctv.ca.

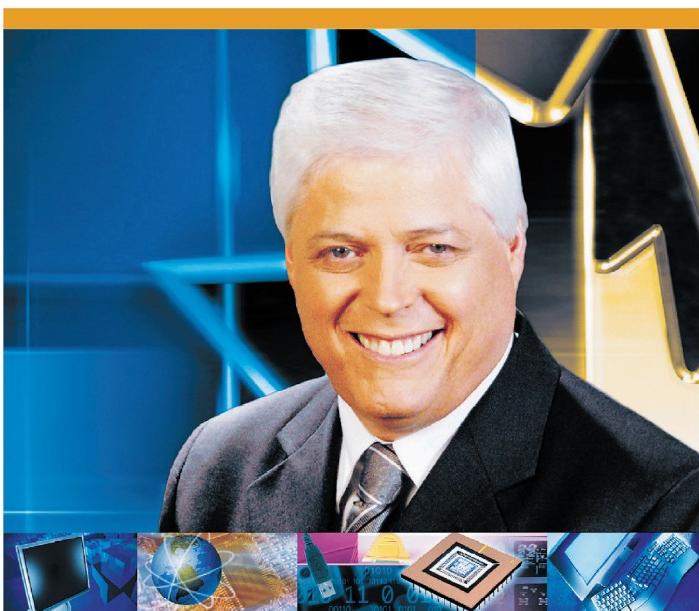
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More options

Stanley Home Designs offers its new accent line in Satin Nickel as well. Both items are available where Stanley products are sold. **METRO NEWS SERVICES**

**Accents**

No matter what your budget, get a fresh new look by simply replacing worn, dingy kitchen cabinet knobs and pulls with Egyptian Bronze selections from the Stanley Home Designs decorative hardware line. **METRO NEWS SERVICES**

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Metro Homes

Silver lining on the recession cloud

TRACEY TONG
tracey.tong@metronews.ca



Ty Pennington is a big believer in the do-it-yourself movement.

The outspoken host of the hit ABC show Extreme Makeover: Home Edition — who adds official spokesman for the Ottawa Home & Garden Show to his résumé this weekend — thinks the recession will only serve to make DIY more popular.

"Houses in general, and the way people look at them, will change," Pennington told Metro. "With things being tighter than they used to be, people are focusing more on what's really important."

While people were looking at houses as investments before, "it's about making it your nest" now, he said.

"People are personaliz-

ing their homes, making it fit their own family's needs. They're turning the dining room into an office or a kid's play area."

People are also putting more focus on their kitchens, said Pennington.

"When things get tight, people eat in more," he said. "I think people will spend more time at home fixing dinners and having family over."

Pennington, who got his big break as the carpenter on the home improvement series Trading Spaces, was catapulted into the mainstream as host of Extreme Makeover: Home Edition.

He also has an endorsement deal with Sears and a three-year partnership with Marketplace Events, the largest organizer of consumer remodelling, home decor and gardening shows in North America.

Shows are a great way for people to get inspired about their surroundings, Pennington said.

"They give you incredible ideas," he said. "It lets you see what homes are going to be like in the future — you'll see state-of-the-art materials and green materials."

While he's sure people will be inspired by differ-

ent things at the show, Pennington — who authored home improvement guide Ty's Tricks:

Home Repair

Secrets Plus Cheap and Easy Projects to Transform Any Room — said there are things everyone can do, and things that should be left to the pros.

"If it doesn't have to do with electrical and plumbing, then absolutely, people can do it themselves," said Pennington.

Things that everyone can do include "adding colour to the walls, whether through paint, wallpaper, photos, fabric and plants."

"Things like that are very affordable, too," he



TV host Ty Pennington says the recession will be good for DIY improvements on people's homes as they stay in more often.

said. "And things like photos create a little bit of life, and we all need that in our homes."

As for Pennington, he's grateful to be able to have such an effect on people's lives. "As a designer, you walk away feeling that you've done something that will affect someone for the rest of their life," he said. "There's no greater job."

Local, green mindset driving home renos

TRACEY TONG
tracey.tong@metronews.ca



It's not news that more people are turning to condo apartments and townhouses as an urban living solution.

Then it should also be no surprise that people are looking to designers for advice on how to maximize their space.

"There's a demonstrable trend of people taking more interest in core neighbourhoods," said Chris Straka, the owner of Ottawa-based Vert Design. "And there's a reason why the Golden Triangle, Centretown, the Glebe, Westboro and Hintonburg are popular neighbourhoods — people see the value of being able to walk to the

coffee shop and local park."

Small spaces create a need for people to make more of the space they have, he said. And in many cases, that means blurring the line between indoor and outdoor spaces.

"Outdoor kitchens have been going through the roof for several years. You can pull the wall back and have indoor living space flow into the outdoor living space — and increase your living space for two or three months a year."

This weekend, Vert Design will be exhibiting and hosting seminars at the Ottawa Home and Garden Show, and will specifically be talking about green design and how people can apply principles to outdoor and indoor projects.

"More and more people are interested in local sourcing."

Chris Straka,
Vert Design owner

While the company is seeing more people wanting to bring their indoor spaces outdoors, another growing outdoor trend is green roofs.

"There are lots of benefits to it. It creates an environment for animals and small birds to live in, and it can look beautiful and add insulation value to the home," said Straka.

In terms of materials, people have been going back to natural, he said.

"People aren't interested in buying something that isn't what it looks like," he said. "If they want siding on a house that has the look and warmth of wood, they want wood," he said. "And fake plants — forget about it. Nobody wants Astroturf. They want the real thing."

When it comes to plants, many people are taking it one step further.

"More and more people are interested in local sourcing," he said. There are advantages to this — a garden that is native to the area has a higher survival rate because they've already adapted to the environment.

"People are interested in green features," said Straka. "It's all about what works for the individual."

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12 metro homes

Going green at home

RAFAEL BRUSILOW
for Metro Canada



Earth Hour

From solar-powered garden lights to patio furniture made from recycled plastics, living green at home is easier, and cheaper, than you may think.

"Living an eco-friendly lifestyle doesn't have to cost a lot of money and it can actually save you money while saving the environment," said Kate Dobrucki, a spokesperson for the Designs for Living Home & Garden Show.

Creative eco-friendly options start outdoors with recycled patio furniture, produced from the husks of plastic milk, juice and water bottles. The furniture looks pretty snazzy, is as strong as regular patio furniture and weathers exceptionally well, making it a great way to have an eco-friendly backyard.

Rain barrels placed below the gutters from your roof can let you save hundreds of gallons of rain water for watering your

lawn rather than letting it wash over your driveway or sink into the soil near your foundation.

For things like garden lights, why bother paying to power them at all when you can let nature do it for free? Solar-powered garden lights can let you enjoy an outdoor evening on your patio without having to flip a switch.

"During the day when the sun is out, the lights collect sunlight and then in the evening you can have your garden lit up with no electricity required," Dobrucki said.

As for in-home energy saving solutions, Dobrucki says many are actually a lot easier to do than people think.

Most modern thermostats let you turn down your heat when you're not at home so make sure to replace yours with a programmable one to help you save energy.

Incorrectly placed insulation can make a big difference in energy costs as well, Dobrucki says, so consulting an expert to see if there are key places where you need to add more or rearrange your current insulation more efficiently can be beneficial and initial home inspections are often free.

That ancient second fridge in the basement is an energy hog as well, wasting up to \$120-\$150 every year in energy costs and often filled with questionable remnants of long-forgotten food. It's a good idea to take a look at whether the scraps you're keeping in your second fridge are truly worth running up your energy bill.

"How much of that food is freezer-burned, how long has it been sitting there and are you going to actually eat it?" Dobrucki said.

Most hydro providers across Canada have refrigerator pickup or recycling programs making it easy to get rid of your old clunker.



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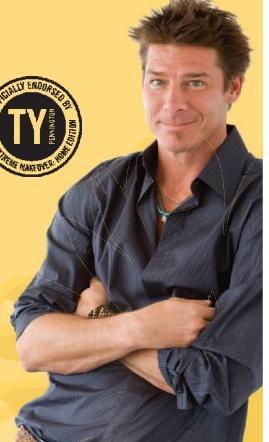
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- Ty Pennington, spokesperson for Marketplace Events, host of Extreme Makeover: Home Edition.



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Why it's maple

All trees produce sap, but maple trees produce greater quantities with a sweeter taste. It takes on average, 40 litres of sap to make 1 litre of syrup. **METRO NEWS SERVICES**

Food

The main syrup-producing trees are sugar maples, red maples and silver maples.

BARB HOLLAND/FOR METRO CANADA



One tree

During the maple sugaring season an average tree yields between 35 and 50 litres of sap, this will produce between 1 and 1.5 litres of maple syrup.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Secret's in the syrup

À la carte

Barb Holland

metronews.ca/alaclarte

It's finally spring and that heralds many things — shedding heavy clothing for one, and celebrating maple syrup season for another.

Canada produces about 85 per cent of the world's maple syrup and sells to nearly 45 countries. The majority comes from Quebec, by far the world's largest producer, with about 75 per cent of world production. Ontario, New Brunswick and Nova Scotia produce smaller amounts. Vermont is the largest U.S. producer along with other northeastern states.

Maple syrup is graded as: Canada #1: Extra Light, Light and Medium (for table use); Canada #2: Amber (stronger flavour, ideal for cooking), Canada #3: Dark (for commercial use only).

Beyond pancakes and waffles, maple syrup is tasty in many things, as these squares will attest. Be sure to buy Canadian and check the label says pure maple syrup.

Maple Walnut Oat Squares

Other nuts can be used in place of walnuts or add dried cranberries or raisins if you prefer. Makes 18



Beyond pancakes and waffles, maple syrup is tasty in many things, as these squares will attest.

squares.

INGREDIENTS:

- 1/3 cup (75 ml) butter
- 1 cup (250 ml) pure maple syrup
- 2 cups (500 ml) rolled oats
- 1/2 cup (125 ml) chopped walnuts
- 1 egg, lightly beaten

METHOD:

Line a 9-inch (23-cm) square baking pan with a parchment paper sling (a few inches of paper hanging over two ends). Spray the other 2 sides with non-stick cooking spray. Pre-heat oven to 375°F (190°C). In medium saucepan, bring butter and maple syrup to a boil over medium heat, stirring constantly. Continue cooking for 3 minutes. Remove from heat and stir in oats, walnuts and egg, mixing well. Spread evenly in prepared pan. Bake 20 to 25 minutes, or until lightly browned. Cool 10 minutes or wire rack. Run a thin metal spatula around edges. Use the parchment paper overhanging ends to lift the entire slab to a wire rack to cool completely. Cut into squares. Refrigerate, if desired, to firm up.

In medium saucepan, bring butter and maple syrup to a boil over medium heat, stirring constantly. Continue cooking for 3 minutes.

Remove from heat and stir in oats, walnuts and egg, mixing well. Spread evenly in prepared pan. Bake 20 to 25 minutes, or until lightly browned.

Cool 10 minutes or wire rack. Run a thin metal spatula around edges. Use the parchment paper overhanging ends to lift the entire slab to a wire rack to cool completely. Cut into squares. Refrigerate, if desired, to firm up.

Tips:

- Store maple syrup in the refrigerator.
- During the growing season, maple trees accumulate starch. With the spring thaw, enzymes change this starch into sugar, which mixes with the water absorbed through the roots, imparting a slightly sweet taste. Maple sap contains water (about 97 per cent), minerals, organic acids and a mild maple flavour. In early March, the sap starts to run for about six to eight weeks.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Riding the Recession

Meals for a steal

Richtree Market Restaurant

Richtree.ca
50 Rideau Street
613-569-4934

With weekly specials each month starting as low as \$2.98 for homemade soup or \$5.98 for a salmon fillet with rice, it's hard to go wrong with the Richtree Market Restaurant, conveniently located in the Rideau Centre. Richtree Market Restaurant offers a fine selection of sandwiches, pasta, soup, salad, pastries and more that is sure to satisfy your stomach and wallet.

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Eco-sipping

Truth be told, organic booze takes up more grey area on the shelf than it does green. The problem is standards.

International regulations as to what really constitutes an organic product vary considerably; with consumers and retailers alike using the term to cover just about anything with a flower on the label.

When it comes to wine there are very few made with one hundred per cent organic juice. The grapes may be organically grown (using biodynamic farming methods and no chemicals in the vineyard) but there can still be limited artificial stabilization used during the actual winemaking.

Not to downplay how serious many wineries are in gaining (and keeping) their organic status. History tells

the best tales and there isn't a winemaker with more time to the cause (or with more varietal variety) than California's Bonterra Vineyards. Their 2006 Zinfandel (\$18.95 - \$21.99) is rich and aromatic with loads of dark chocolate and warm earthiness that would make a perfect partner for beef.

On the spirit side you can make your martinis au natural with Square One Vodka (\$40.59 - \$52.99). Made with organically grown American rye it's a smooth, silky vodka that loses nothing in the translation.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Put your green foot forward

Starting next month, Payless ShoeSource stores across Canada will sell fresh green fashions at affordable prices. Their newest line, *Zoe & Zac*, offers on-trend footwear and accessories averaging about \$50 per item. The line features eco-friendly materials such as organic cottons and linen, natural hemp, recycled outsoles and eco-smart packaging. From the *Zoe & Zac* collection is the *Tigerlily Espadrille Wedge*, left, \$44.99.

METRO NEWS SERVICES

Giving garments a second life

Sustainable fashion is the future, say eco-friendly designers

PATRICIA D'CUNHA
for Metro Canada

The fashion gods are all clear about one thing – clothes are designed to make people look good.

But, what if looking good can also be eco-friendly? That's a concept some designers have embraced in recent years, but it's yet to envelop the mainstream.

Eco-friendly clothes are sustainable and recyclable, in that something that was once a throwaway can now be turned into something new. "Sustainable clothing is a movement away from fashion as a disposable commodity," says Canadian designer Kim Munson, founder of Nova Scotia-



"You get the people who get freaked out that the dress they just purchased was once a trench coat worn by someone else."

Kim Munson, founder of Orphanage Clothing

based Orphanage Clothing. "In the case of Orphanage, one that is extending the life of used textiles."

But, this concept is not entirely applicable to vintage clothing; it's also about not using synthetic fibers, which do not decompose. "Big box retail leads to the consumption of fashion, which in turn leads to more discarded clothing, which ends up in the landfills," Munson explains.

"My biggest thing with

sustainability is that it's not a trend, it's very common and it's the future," says Julia Grieve, founder of Preloved, the store and fashion label that creates one-of-a-kind clothing from reclaimed vintage fabrics. Grieve began her career as a model and then started Preloved in 1995.

Along the way, she also worked as a fashion editor and writer, and has made appearances on television



Men's button down long sleeve, \$89, Orphanage Clothing.

EarthHour

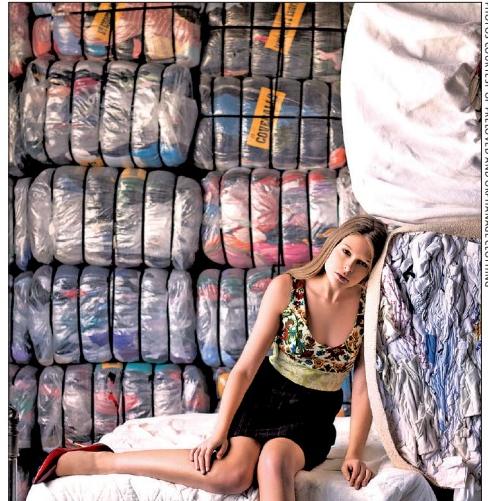
shows, such as *Diva on a Dime* and season two of *Project Runway Canada*.

"I always call myself the accidental environmentalist," Grieve laughs. "We were doing all this good without even knowing it. In one season, we'll recycle over 80,000 sweaters just to produce our sweater collection."

Grieve says their line is fashion-forward, with attention paid to style and detail. "Our line is always based on fashion first ... the sustainable side is just the cherry on the top."

Munson, who actually worked at Preloved when she was fresh out of design school, calls the store the "grandfather" of the sustainable clothing method in Canada.

Her own clothing line was founded in 2003, and can be summed up as "edgy street wear" that is timeless and with a flawless cut. Munson always had an affinity for changing up her clothing. Her



Preloved sells clothing made from reclaimed vintage fabrics. Pictured dress: \$199.

mother had a clothing line as well, while her grandmother made clothes out of unwanted garments. "You could say it runs in the family," she explains.

Munson says most people think that sustainable clothing lacks in quality and style. But that misconception most always turns into a pleasant surprise. "You get the people who get freaked out that the dress they just purchased was once a trench coat worn by someone else," she says.

Grieve agrees. She says people are often over-the-top when they find out that a dress Preloved designed is made from two different pairs of old trousers and two curtains. "Oh my god, it is so cool," customers often say to her.

While the clothing is eco-friendly, it does cost more to make fashion from reclaimed clothing. "There is

a deconstruction phase that happens first. It's a whole other phase that doesn't happen when you're just using regular fabric," says Grieve.

Locations

- For Preloved clothing, visit ADorit Boutique, 159 York St.
- For Orphanage Clothing styles, visit Workshop Studio and Boutique, 1/2-242 Dalhousie St.

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion

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style 15

Rockin' soles

Converse features music imagery

SOFI PAPAMARKO
for Metro Canada



With the release of its spring collection, Converse has revealed its decidedly rock 'n' roll soles.

soles. The brand's latest designs, hailing from its Music Collaboration Collection, feature imagery from some of the great heavyweights of Brit-rock, including The Who, Pink Floyd and Metal God-turned-reality-television-star Ozzy Osbourne.



Additionally, Converse commissioned a number

of artists and musicians — Lupe Fiasco and U2's The Edge among them — to custom-design a shoe to benefit Product RED (joinedred.com).

Fiasco's bilingual shoe plays off the look and feel of newsprint, while The Edge's contribution is an op-art study of geometry as inspired by the points and angles of the Converse star logo. Both limited edition styles are available for purchase beginning this month and all proceeds will go towards Bono's Global Fund.

The Converse Music Collaboration Collection has previously paid homage to Black Sabbath, The Doors and The Grateful Dead.

But what, exactly, is the connection between footwear and music?

"At some point, every rock singer and musician

ut, every
musician

Read the blog at
metronews.ca/kenyasstyle

foot candy! Sweet deals

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Glastonbury was almost cancelled for being "too big, too muddy and too horrible." Michael Eavis — who founded the popular music event — has revealed the British festival was nearly scrapped after acts complained it had become too commercial. FEMALEFIRST.CO.UK

Glastonbury almost cancelled

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Newly Swingle

Cameron Diaz is set to star in *Swingles*. She is in final talks to star in the upcoming romantic comedy as a sharp-tongued woman opposite a male rival, who is still to be cast. FEMALEFIRST.CO.UK



***** A CLASSIC; ***** EXCELLENT; *** GOOD; ** FAIR; * POOR

Musicians rock Mother Earth

KEITH CARMAN
for Metro Canada



The ace of spades is turning green.

Since its formative years, rock 'n' roll has been renowned for disregarding anything other than instant gratification. The essence of a great band was to promote a consistently laissez faire attitude. However, as global ecological consciousness takes hold and awareness of our lackadaisical stance toward Mother Earth

evolves, a new revolution is pervading.

Rock is going green. Over the past half-century, rock has left a mark on the world yet the impact hasn't been solely societal. There's an environmental component to artists such as The Rolling Stones, U2 and Willie Nelson traipsing the globe, promoting their new album and entertaining the masses nightly month after month, year after year.

From carbon-spewing flights and tour busses, massive power drain for

EarthHour

lights, decibel-crunching amplification and the generation of trash, even the smallest bands leave an indelible stamp on the planet.

Nonetheless, many artists are making great strides to revert their global toxic shock, striving to become carbon neutral. Despite many precedents, no established working formula has been set. Many artists are

left struggling to find a way to contribute yet all are revered for their efforts big or small. Witness Willie Nelson's biodiesel-powered buses and Jack Johnson's "EnviroRider" which includes things like backstage recycling, locally sourced catering and a voluntary \$1.50 ticket fee to "offset carbon emissions associated with travelling from the show."

David Suzuki heralds The Rolling Stones and Coldplay for offsetting emissions associated with their concerts and albums by reducing

and/or planting trees to suck up the noxious gasses and turn them into clean, healthy oxygen.

The green rock revolution is quite young so while a fully green tour is years away, as the movement garners attention and support the kinks are slowly worked out. It's a start: Acts aspiring to generate action from knowledge; hoping that such environmental responsibility will become as infectious appealing as the desire to become a world-travelling guitar hero.



Jack Johnson's "EnviroRider" includes backstage recycling, locally sourced catering and a voluntary \$1.50 ticket fee to "offset carbon emissions associated with traveling from the show."

OT	VU	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
326/09	265	353	2	TVO	We Built This City	The Agenda With Steve Paikin	Marking Time (Part 4 of 4) (N)	Masterworks (N)	Agenda-Paikin			
	211	331	3	GTV	ET Canada	Entertainment	Bones (HDTV) (N)	The Office (N)	Kink In Hair	Life '5 Quarts' (HDTV)	News	
-	-	5	SRC	Virginie (SC)	InfoNews (SC)	Enquête (SC)	M pour music (N) (SC)	Le Téléjournal et Les Nouvelles	La Zone			
209	342	6	CHRO	Instant Star	TMZ (N)	Old Christine	Samantha Who	America's Next Top Model	(10:02) Private Practice (N)	Comedy Now		
196	311	7	CTV	Hollywood	etalk	American Idol	Grey's Anatomy (N)	ER 'I Feel Good' (N)	CBC News: The National	The Hour		
208	303	8	CBC	Coronation St.	Jeopardy! (N)	Doc Zone 'The Great Food Revolution Parts 3 and 4'	Taxi (0-22) (N)	30 Rock	ER 'I Feel Good' (N)	News (N)		
-	364	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	The Office	Camera café	TVA 22 hours	Cent dix pour cent (SC)	News (N)	
117	710	10	TVA	Histoires-filles	Star Académie: La Classe de 5e (N) (SC)	Météo	Rivales ★ (2000, Documentaire) Jennifer Finnigan, Re Hunt	Loft Story	Loft Story			
-	-	11	OS	Loft Story	Un monde bête	Nouv. mondes	Rome, ville ouverte **** (1946, Drame) Aldo Fabrizi.	Volt				
137	763	12	TFO	Panorama	College Basketball: NCAA Tournament Regional Semifinal -- Teams TBA.		College Basketball: NCAA Tournament Regional Semifinal					
-	362	13	CBS	College Basketball: NCAA Tournament Regional Semifinal -- Teams TBA.								
216	394	14	OMZN	Raymond	Raymond	News (N)	News (N)	Two/Half Men	King	Cold Case		
214	344	15	CITY	Law & Order: SVU	In Motherhood	Friends	30 Rock	30 Rock	Hell's Kitchen (N)	News (N)		
115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill	Metropia	
218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim	My Fabulous Gay Wedding	ReGenesis	News (N)		
-	361	20	ABC	Companies	In Motherhood	Samantha Who	Grey's Anatomy (N)	(10:02) Private Practice (N)	News (N)			
512	394	24	CPAC	La Période de questions	Heure polit.	L'Heure politique			Revue	Période-quest.		
651	355	25	CTS	Happy Days	Laverne	Michael Corin Show	100 Huntley Street	Life Today	This Is Day	John Hagee		
-	365	36	FOX	TMZ (N)	Seinfeld	American Idol	Hell's Kitchen (N)	News (N)		News		
-	-	64	PBS	Business Rpt.	Equitrekking	Yes, Minister	Time Goes By	Poldark		Charlie Rose		
205	312	104	CTV	Hollywood	etalk	American Idol	Grey's Anatomy (N)	ER 'I Feel Good' (N)	News (N)			
news	500	500	26	NW	CBC News	Newman	The Hour Louise Arbour.	CBC News: The National	Geologic Journey	National		
406	417	27	net	Darts World Premier League.	Lou Dobbs Tonight	Campbell Brown: No Bias	Larry King Live (N)	Anderson Cooper 360 (HDTV)				
126	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Best Damn Sports Show	Sportsnet Connected	Hockey Central				
400	284	30	TSN	That's Hockey!	NHL Hockey Tampa Bay Lightning at Montreal Canadiens (HDTV) (Live)	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal			
410	403	52	SCR	College Basketball: NCAA Tournament Regional Semifinal -- Teams TBA.		College Basketball: NCAA Tournament Regional Semifinal						
411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivor	Mantracker	Bounty Hunter	Bounty Hunter	Survivor		
417	406	59	SC	Pimp My Ride	Pass Time	Pinks - All Out (HDTV)	Bullrun (HDTV)	Bullrun (HDTV)		Pimp My Ride		
554	544	48	TEL	Total Spies	Total Drama	6TEEN	Futurama	South Park: Bigger, Longer & Uncut (1999, Comedy)				
557	540	51	FAM	Wizards-Place	Han, Montana	Zack & Cody Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody	
551	542	65	YTV	True Jackson	H2O, Just Add Malcom-Mid.	Futurama	In Real Life	Falcon Beach (DVS)		Mystery Hnt.		
570	580	29	MM	mimptom	Back In	Me, Myself and I: Elton John	Revival	Where You At	RuPaul's Drag Race		Listed	
615	520	31	A1E	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV) (N)	The Beast "Tilt" (N)	The Beast			
628	584	32	SPKE	CSI: Crime Scene Investigation	UFC Unleashed	TNA IMPACT! (HDTV) (N)	Street Customs (N)	Hell-Lockers (HDTV) (N)	DEA (HDTV)			
521	560	34	TLC	Overhaulin' 1956 truck.	Overhaulin' (HDTV)	X-Weighted "Heather"	Envoyé spécial	X-Weighted "Debbi"	ET Canada	Street		
145	761	35	TV5	Destinations	Fourchette	Club social	The Simpsons	South Park	VIP	House Party	Daily Show	
616	521	39	SHO	The Outer Limits	Love-Death	Love-Death	Trailer Park	Trailer Park	Caddyshack ★ (1980, Comedy)			
620	524	40	BVO	Camera	Snapshot	Bathroom Divas-Open Star	Manufacturing Dissent (2007)	Abbas in Iran	Law & Order			
520	505	42	DIS	Daily Planet (N)	Lion Feeding Frenzy	Bear Feeding Frenzy	MythBusters			Daytona 500		
575	583	43	CMT	Our Song	Flashback	Home Improve.	Reba	Hope & Faith	Hope & Faith	Coyote Ugly		
601	562	45	SLC	Skin Deep	Til Debt-Part	X-Weighted "Heather"	Making the Band 4 (N)	Taking the Stage (N)	MTV Live			
625	544	46	COM	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	VIP	House Party	Daily Show	
294	524	47	TBS	House-Payne	Friends	Friends	Friends	Friends	Mr. Deeds ★ (2002, Comedy)			
600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes	
627	528	50	SPC	Stormworld	Grand Star	Star Trek: Voyager	Ghost Hunters	Chuck (HDTV)		Stargate SG-1		
581	568	53	MTV	Room Raiders	After	MTV News	Making the Band 4 (N)	Taking the Stage (N)	MTV Live			
618	524	54	TROP	Vanity Insanity	Inside Hollywood	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld	
522	500	55	HIS	NCIS "Heart Break"	Ancient Discoveries	Go Deep "Earthrace"	NCIS "Heart Break"			Sea Hunters		
129	773	56	CD	Biographies (HDTV)	Les Procureurs (HDTV)	Alliance meurrière (HDTV)	Histoires de crimes (HDTV)			Police de l'air		
261	394	61	V	Murder, She Wrote	Wait for God	'Allo, 'Allo!	Laura ★★★ (1994, Mystery) Gene Tierney, Clifton Webb.			Poltergeist		
602	567	62	W	Will & Grace	Friends	Divine Design	House Confidential	Save Us-House	Divine Design	Love It-List It	House	
269	350	70	APTN	Warriors-TKO	Wapost Bay	By the Rapids	renegadepress	Call of the Wild ★★ (1993, Adventure) Rick Schroder.			MTV	
621	527	71	TLK	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Hey Paula	Hey Paula	The Tonight Show-Jay Leno		TMZ	
603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	

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Read the rest of this week's music reviews at:
metronews.ca/music



Thursday, March 26, 2009

Glastonbury almost cancelled

Cameron Diaz is set to star in *Swingles*. She is in final talks to star in the upcoming romantic comedy as a sharp-tongued woman opposite a male rival, who is still to be cast. FEMALEFIRST.CO.UK

FEMALEFIRST.CO.UK

Friday, March 27, 2009

Joel Plaskett is performing at the Ottawa Bluesfest on Saturday, March 28, 2009.

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Today
Showers
8° / 2°
70%

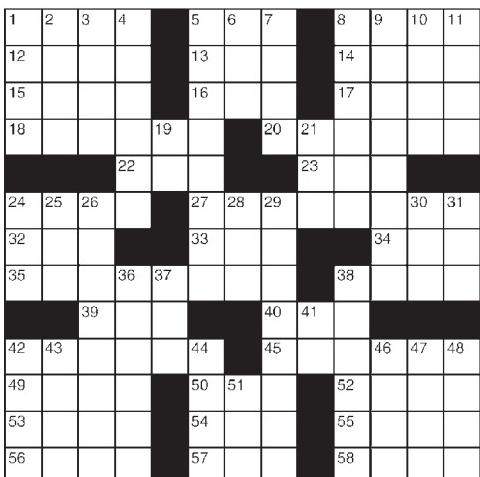
Friday
Variable
10° / 0°

Saturday
Partly cloudy
12° / 3°

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Take Five



Crossword across

- 1 Requests 34 Deposit
5 Springtime abbr. 35 Bill Clinton, by birth
8 Standards 38 Extra
12 Injure severely 39 Raw rock
13 Kiwi's extinct kin 40 Discoverer's call
14 Saudi Arabia neighbour 42 Reverberates
15 Curved molding 45 Look for typos
16 Wood-shaping tool 49 Bridge coup
17 Peacekeeping grp. 50 NAFTA signatory
18 Whiz 52 Urban carrier
20 Capital of Croatia 53 Cougar
22 Deli loaf 54 "Platoon" locale
23 Floral accessory 55 Cruising
24 The "Say Hey Kid" 56 Nays' undoers
27 Still having a rind 57 College transcript no.
32 Resume, for short 58 Opposite of 38-Across
33 Estuary

Crossword down

- 1 Andy's pal 28 Actress Peeples
2 Long story 29 Complete view
3 Chicken — 30 Listener
4 Fingerpaints 31 Go red?
5 Olympians, generally 36 Scents
6 Legume holder 37 Born
7 Heckle 38 Human
8 Thin silky fabric 41 That guy
9 Texas city 42 Get a glimpse of
10 Assessment 43 Fingerprint, often
11 Uppity one 44 Trilled
19 Big Apple abbr. 46 Relaxation
21 Milwaukee product 47 Graph lines
24 Biz deg. 48 "Buenos —"
25 Broadcast 51 Enervate
26 Japanese city

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



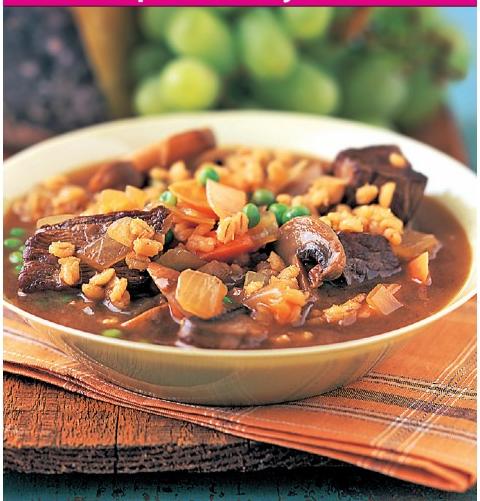
7	3	4	9	5	1	2	6	8
6	2	9	4	8	7	1	5	3
5	1	6	2	3	4	7	9	
4	7	8	3	6	5	7	2	4
3	4	7	2	1	9	5	8	6
2	5	6	1	9	8	4	3	7
1	3	2	8	7	4	6	9	1
0	5	4	1	6	3	2	7	9
9	6	7	3	8	5	2	8	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 minGenius 17-21 minSmart
13-17 minScholar 21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Beefy Mushroom Barley Soup

INGREDIENTS:

- 12 oz (375 g) beef chuck, cut into 1-in. (2.5-cm) cubes
3 medium onions, coarsely chopped
10 oz (300 g) mushrooms, sliced
3 large carrots, sliced
1/2 cup (125 ml) pearl barley
7 cups (1.75 l) low-salt beef broth
1 cup (250 ml) dry white wine or tomato juice
salt to taste
1/2 tsp (2 ml) pepper
1 cup (250 ml) frozen peas
2 tsp (10 ml) lemon juice

SERVES 6

METHOD:

1. Coat large pot with non-stick cooking spray and set over medium-high heat until hot but not smoking. Sauté beef until brown, about 5 minutes.

Transfer to double layer of paper towels with slotted spoon.

2. Sauté onions and mushrooms in pot drippings until onions are golden, about 7 minutes. Return beef to pot. Stir in carrots, barley, broth, wine, salt and pepper, then boil.

3. Reduce heat to medium-low. Simmer, partially covered, until beef and barley are tender, about 45 minutes. Stir in peas and cook, uncovered, until tender, about 5 minutes. Remove from heat and stir in lemon juice.

4. Serve hot.

5. Enjoy.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



AVATAR VENUS

Horoscopes

ARIES

MARCH 21-APRIL 20

Deal with a health issue immediately. Speak plainly of a flight of fancy. Never say never when it comes to extreme motivation.

LIBRA

SEPT 23-OCT 23

Have some comfort food and a mini-vacation. A woman's troubles will ease soon. A friend's chronic complaining will stop.

TAURUS

APRIL 21-MAY 21

Expect a minor amount of doubtfulness. Steer clear of a temperamental fiend. Express your respect for a logical argument.

SCORPIO

OCT 24-NOV 22

Tension subsides when a woman shows kindness. Don't take sides in an argument. Your heart is wrenched by a pitiful story.

GEMINI

MAY 22-JUNE 21

A companion's sharp emotional edges are dangerous. Grief causes gloom but progress brings ease. A motivated person causes disruption.

SAGITTARIUS

NOV 23-DEC 21

Somebody's unbridled passion is unnerving. A minor spat makes you take shelter. It's time to let go of unnecessary luxuries.

CANCER

JUNE 22-JULY 22

Don't be baffled by a war of words. Release someone from a stressful place. A hero is ludicrously lacking good judgment.

CAPRICORN

DEC 22-JAN 20

Don't expect too much. Misconduct erupts as a result of imminent changes. Avoid getting hot under the collar.

LEO JULY 23-AUG 23

Dreadful decadence causes remorse. A social caller rewards you for exuberance. Flattery and gossip will get you somewhere.

AQUARIUS

JAN 21-FEB 18

You'll witness a stranger's act of kindness. Let the good times roll with laughter and zest. Explain your actions lucidly, without losing patience.

VIRGO

AUG 24-SEPT 22

A concerned note helps you to find an error. Love lessons are learned the easy way. Avoid having a lively conversation while working.

PISCES

FEB 19-MARCH 20

A problem is solved by listening. A late arrival can cause mortification. Be on your guard when someone is neglectful.

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She's not quite ready to hit the dance floor yet, but Nancy O'Dell is on the path to recovery. The Access Hollywood co-host, who had to pull out of Dancing with the Stars before the season premiere this month, is resting at home after knee surgery. [PEOPLE.COM](#)

Nancy nursing knee

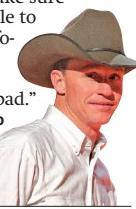
Celebrity Buzz

Ballroom a lot like bulls: Ty

PEOPLE Ballroom dancing is no different from getting into the ring with a bull — at least to season eight Dancing with the Stars contender Ty Murray, [people.com](#) reports.

In a MySpace video posted this week, the rodeo star is asked who he thinks is his toughest competitor on the show. He says, "I look at (the competition) just like I did my bull riding career. I don't have any control over the other competitors, I just gotta keep control of myself and make sure that I'm able to hopefully focus in and not get the jitters too bad."

METRO
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Bruce and Emma met on the job

PEOPLE Bruce Willis reportedly met his new wife, Emma Heming, through rather unusual circumstances. Sources tell *Page Six* that the actor practically cast her in the role, having met her while looking for actresses for his movie *Perfect Stranger*.

Willis is said to have made sure to be present when the actresses he liked came in, and he started dating Heming shortly after her audition, a source tells the newspaper.

METRO NEWS SERVICES



Angie starving self?

HEALTH Angelina Jolie has reportedly taken on a risky diet to slim down for *Salt*, the movie she's currently filming in New York.

According to Britain's the Sun, Jolie has shed 21 pounds in as many days while on an all-liquid diet.

"She does all her own stunts but we worry she could injure herself due to the weight loss," a source tells the paper.

Meanwhile, *Grazia* magazine reports the actress has only lost eight pounds, but that people around her are still just as concerned.

The magazine



claims Brad Pitt grew so fed up with her fasting that he stormed out of their rented Long Island home.

METRO WORLD
NEWS

Paul and Nancy like lovebirds

RELATIONSHIP Paul McCartney and his girlfriend acted like "besotted teenagers" during a night out this week, [femalefirst.co.uk](#) reports.

The 66-year-old musician and his 48-year-old partner Nancy Shevell stunned fellow guests at the London after-party for *The Boat That Rocked* movie premiere this week with their public displays of affection and frequent

outings to the dancefloor. At one point the couple gyrated to Rolling Stones classic *Satisfaction*.

"Paul was having a great time. He was on brilliant form, mingling with partygoers," a source said. "Fans were asking for pictures and he was happily obliging and Nancy looked so loved-up and content." McCartney used the party

to introduce Shevell — who he has reportedly been dating since November 2007 — to his friends and was delighted when they bonded quickly.

The source added to Britain's Daily Mirror newspaper: "As well as speaking to the movie cast, including Rhys Ifans and Bill Nighy, Paul made a big deal of introducing Nancy to his friends Twiggy and Kenneth Branagh.

"He looked quite nervous but soon they were laughing like old friends and the idea of a dinner party was mooted."

METRO NEWS SERVICES



I'm too busy for Obama: Simon

PEOPLE Hosting *American Idol* apparently keeps Simon Cowell busy — so busy he doesn't have time for the president.

Cowell told Jay Leno that he'd received an invi-

tation to have dinner at the White House with Barack Obama, but he had to turn it down.

"He want-

ed to have dinner and our diaries didn't quite match," Cowell told Leno recently on his talk show. "We just didn't quite connect."

METRO WORLD
NEWS



Chris hitting the books at college?

PEOPLE Chris Brown has dismissed rumours he's going back to school after he was spotted visiting a university campus in his native Virginia at the weekend, [femalefirst.co.uk](#) reports.

The singer, 19, prompted claims he was set to hit the books at Norfolk State University after he was seen walking the school grounds with his mother and cousin.

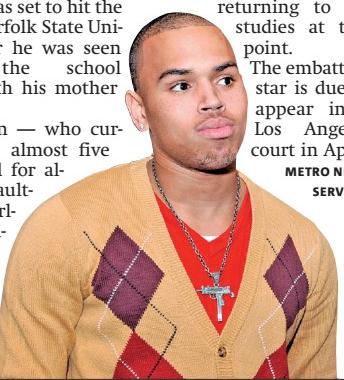
But Brown — who currently faces almost five years in jail for allegedly assaulting on/off girlfriend Rihanna last month — has denied the reports, insisting a

relative is a prospective student at the university.

A representative for Brown tells *TMZ.com* the singer visited the college as a "support factor" for his cousin, and has "not applied," "not enrolled" and is "not interested" in returning to his studies at this point.

The embattled star is due to appear in a Los Angeles court in April.

METRO NEWS
SERVICES



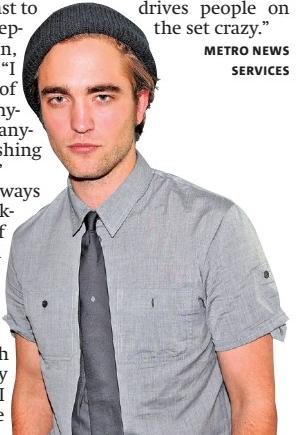
Robert stinks!

PEOPLE Robert Pattinson has admitted in the past to his problems with keeping himself clean, telling *Showbiz Spy*, "I don't have too much of a sense of personal hygiene or styling or anything. I gave up washing my hair a while back."

But now his filthy ways are reportedly wreaking havoc on the set of *New Moon*, the sequel to *Twilight* that is currently filming in Vancouver. On-set sources tell *E! News* that the young British star "completely reeks." "He stinks. I mean, it's awful. He

never showers, and it drives people on the set crazy."

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Victoria strips down for Armani

Victoria Beckham has stripped off once again for a new Emporio Armani Underwear shot. The gorgeous fashion icon leans seductively back over a bed in just a bra, thong and high heels, in possibly her most intimate pose yet. FEMALEFIRST.CO.UK

**entertainment 19****Celebrity Buzz****I don't deserve fame: Chris**

PEOPLE Chris Martin doesn't believe he deserves success, [femalefirst.co.uk](http://FEMALEFIRST.CO.UK) reports. Despite selling millions of albums worldwide, the Coldplay frontman feels he must prove the group has earned their place at the top of the charts.

"Every day I wake up and think, 'OK, today we've got to really prove ourselves. We've got to justify where we are,'" he said. "I always feel like my dad's going to burst through my bedroom door at any moment and wake me up to go back to my real job."

Despite his self-doubt, the Viva La Vida singer isn't worried about his critics because he knows not everyone will like his music.

He added: "We're like Vegemite in many respects. A lot of people like us, but many more people don't. I'd like to convince everyone that our particular brand of Vegemite is brilliant, but it's never going to happen."

METRO NEWS SERVICES

**Britney runs up \$2.7M legal tab**

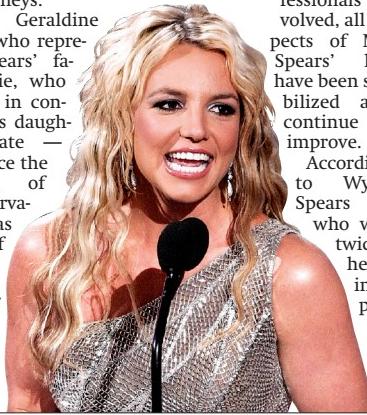
PEOPLE Britney Spears has spent \$2.7 million US in lawyers' fees in the past 11 months, [femalefirst.co.uk](http://FEMALEFIRST.CO.UK) reports.

The Circus singer — who has managed to turn her life around following her public meltdown early last year — was forced to pay \$417,000 to legally end her two-year marriage to Kevin Federline and the subsequent custody battle over their two children, Sean Preston, three, and two-year-old Jayden James.

Fees were also paid to 17 lawyers and firms, including \$1 million for Spears'

own attorneys.

Lawyer Geraldine Wyle — who represents Spears' father Jamie, who is legally in control of his daughter's estate — said: "Since the initiation of the conservatorship, as a result of the concerted efforts of Mr. Spears as well as the pro-



fessionals involved, all aspects of Ms. Spears' life have been stabilized and continue to improve.

According to Wyle, Spears — who was twice held in a psy-

chiatric ward before her father was put in control — faces "complex and challenging issues" which have run up huge costs.

However, she admitted the mother-of-two's mental health had improved over the last year and has won "substantial visitation" with her sons and her career "has been revitalized."

Spears is currently on a sold-out world tour and has been honoured with a plaque to commemorate the huge success of her latest album, Circus.

METRO NEWS SERVICES

Rihanna house hunting?

PEOPLE Rihanna was "in a great mood" when she checked out a \$6.25 million US home this week that used to belong to Jerry Seinfeld, the real estate agent she worked with tells us-magazine.com.

"She was very quiet," Russ Filice of Sotheby's International Realty tells Us. The 5,913-square-foot, three-bedroom Hollywood Hills home "has incredible views, a temporary pool and is very private," he adds.

"Rihanna just started her search. She looked at three homes with three assistants and a driver," adds Filice. "Her questions were centered around her lifestyle in the house; how she could entertain, how private it is."

The singer spent about 15 to 20 min-

utes at the property. "She was in a great mood," Filice says. She didn't bring up Chris Brown — who faces felony charges for allegedly beating her — and "there were no scars, no bruises, nothing. (She is) very sweet, very pretty."

METRO NEWS SERVICES

**Lauren's label 'on hiatus'**

CAREER Lauren Conrad has taken to her Celebrity MySpace blog to clear up rumors about her clothing line, which is currently "on hiatus," us-magazine.com reports.

"A few days ago a statement was released to the showrooms that carry my clothing line. It asked them to let the stores know that I was planning to take a couple seasons off from my line so that I could make some changes that I felt were necessary," she writes.

"As a result, a lot of people were under the

impression that my line was being discontinued or had been dropped," she continues. "This isn't the case at all. The truth is, I was the one who asked to take a couple seasons off."

Conrad says she has "learned so much in the past year and I want to apply that to the improvement of my clothing line. I also wanted to make some changes in production so I would be able to lower the price point. That being said, I am actually really excited about beginning this process."

METRO NEWS SERVICES

**Jacko planning a menagerie**

CAREER Michael Jackson has big plans for his set of 50 concerts in London this summer, and those plans reportedly include a menagerie of exotic animals.

"He hopes to make it the most spectacular gig ever," a source tells the Daily Mirror. "For the jungle section, he wants to ride out on an African elephant with panthers led on gold chains. Parrots and other birds will fly behind him. If it goes to plan it will look incredible."

Jackson is reportedly "desperate to work around" Britain's animal welfare laws that would preclude using some of the non-domestic creatures.

METRO NEWS SERVICES

**Katy and Josh friends not lovers**

RUMOUR Katy Perry and Josh Groban may sound like a perfect couple, but contrary to rumours of a relationship between the two, the two singers are "very close friends" — not romantically involved, according to Josh's rep, people.com reports.

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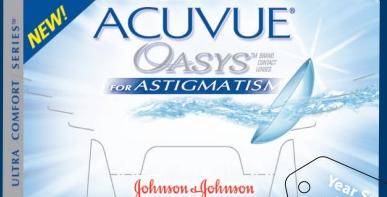
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